
Program Director's Guide: Sports Medicine

Introduction:

Primary Care Sports Medicine has been evolving over the last 25 years. The subspecialty is becoming more essential: obesity is too prevalent and physical exercise is a mainstay to good health; sports as an industry has exploded in popularity; baby boomers are reaching the golden years and osteoarthritis, osteoporosis, coronary artery disease, high blood pressure and diabetes are the diseases of the boomers; technology is advancing in leaps and bounds and therefore we are a more sedentary society. To counter the above, trends, the study of the musculoskeletal system is more prevalent and the establishment of more Sports Medicine Fellowships is essential.

Since there are only 15 Osteopathic Sports Medicine Fellowships in the United States, the need for more is vital. The Sports Medicine Conjoint Education and Evaluation Committee thought it was important to aide those wishing to open a fellowship and guide them through the process of 'getting started'.

Getting Started:

1. Obtain a copy of the Basic Standards in Primary Care Sports Medicine from the executive director of AOASM (American Osteopathic Academy of Sports Medicine), Susan Rees.

Ms. Rees can be contacted by calling the AOASM at: 608-443-2477 or by e-mail at: srees@aoasm.org. Before you proceed any further, confirm that your program, when developed, will be able to comply with the standards.

2. Establish an Osteopathic Post Graduate Training Institute (OPTI) affiliation. A list of OPTI's near you can be obtained from the American Osteopathic Association (AOA). You may call the AOA at: Thomas Duffy, MPH, 1-800-621-1773 ext 8068 or tduffy@osteopathic.org or visit www.do-online.org/index.cfm?PageID=sir_postdocoptiloc. Be advised that there may be a cost involved when establishing an affiliation with an OPTI.
3. Establish a program outline and program handbook.

Suggested content of the program should include but is not limited to:

- Identification of institutional affiliation
- Identification of OPTI
- Statement of goals and objectives
- Curriculum or Program Outline
- List of faculty
- List of outside rotating clinics (if applicable)

- Institutional guidelines
- HIPPA policies
- Positional papers (if applicable) can be downloaded from the AOASM website: www.aoasm.org

4. Obtain an application for a new residency program from the AOA. Forms can be downloaded from the AOA website: www.do-online.org/index.cfm?PageID=acc_postodcnewresapp

Once your application has been submitted to the AOA with all the required documentation and fees it will be forwarded to the Sports Medicine Committee of Education and Evaluation. This committee will review the application and if approved will forward the application with its approval to the PTRC (Program Training and Review Council)

Once the application has been accepted by the PTRC it will be sent back to the Sports Medicine Education and Evaluation Committee for coordination of an on-site inspection that will be performed by a physician qualified by the AOA to perform institutional reviews of Sports Medicine programs.

Certification of Added Qualifications (CAQ) in Sports Medicine:

One of the most important goals in every Sports medicine residency is to adequately prepare their physicians for the successful acquisition of a CAQ. The Sports Medicine Resident, upon completion of a Primary Care Sports Medicine Fellowship, will be qualified to sit for a Certification of Added Qualification Examination. When this examination is passed, the graduated Sports Medicine Fellow will obtain a certification of added qualification in Sports Medicine from his/her primary care college. The preparation of the CAQ content is overseen by the AOA's Conjoint Sports Medicine Exam Committee that has representatives from all of the Primary Care Boards. Enclosed is an algorithm that outlines the committees (and their duties) involved in the AOA Conjoint Sports Medicine education training and certification process. (Appendix A).

Forms:

1. Quarterly Assessments and/or Evaluation Forms. Each program should develop their own evaluation form. You may adopt one used by your OPTI for other programs or develop your own. Per the Basic Standards, quarterly assessments are sufficient but you may want to evaluate your fellows more frequently.

2. Program Director's End of the Year Evaluation Form. This form must be completed within 30 days of the Sports Medicine Fellow completing his/her program and sent to the AOASM. This form will be sent to the Sports Medicine Fellow's Primary Care College and the Sports Medicine Conjoint Education and Evaluation Committee. If the completion of the program is accepted by the Committee, then the Evaluation Form will be forwarded onto the PTRC. You may download a copy of an approved form from: www.aoasm.org/fellowship_res.cfm

The Primary Care Board may also require an End of the Year evaluation to be sent to the respective Primary Care Board.

3. Core Competencies which must be incorporated into the Curriculum. Listed in the Basic Standards or for sample core competency evaluations down the form at: www.acofp.org/membership/pds.aspx

Useful Links:

To view the following information, visit: www.do-online.org/pdf/acc_postdocfastfinder.pdf

1. Core competency compliance program (CCCP) and sample forms/evaluations

2. Fee Schedules
3. Basic standards for postdoctoral training
4. Basic standards and inspection workbook in sports medicine
5. New residency application

If you want your potential fellow applicants to use the universal application for sports medicine fellowships then go the AMSSM to download:

www.newamssm.org/Fellowship%20Application%20May%202008.doc

If you want to use the sports medicine match, then you must register your program with the NRMP: www.nrmp.org/

Additional Information

Program Director's may need:

1. A list of accredited Osteopathic Sports Medicine Fellowships with their respective Program Directors can be downloaded from the AOASM website: www.aoasm.org/fellowships.cfm
2. AOASM website is: www.aoasm.org/
3. Official Journal of the AOASM is the Clinical Journal of Sports Medicine is: www.cjsportmed.com

